How to Cure

STOMACH TROUBLES BILIOUSNESS *and* CONSTIPATION

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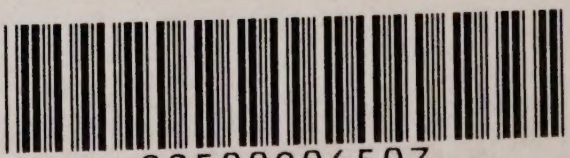


and Digestion Assimilation.

IT IS NOT the quantity of food taken but the amount digested and assimilated that gives strength and vitality to the system. CHAMBERLAIN'S STOMACH AND LIVER TABLETS invigorate the stomach and liver and enable them to perform their functions. The result is a relish for your food, increased strength and weight, greater endurance and a clear head.

Gained Forty Pounds in Thirty Days.

FOR several months our younger brother had been troubled with indigestion. He tried several remedies but got no benefit from them. We purchased some of CHAMBERLAIN'S STOMACH AND LIVER TABLETS and he commenced taking them. Inside of thirty days he had gained forty pounds in flesh. He is now fully recovered. We have a good trade on the Tablets.—HOLLEY BROS., Merchants, Long Branch, Missouri.

What one relishes, nourishes.

—Benjamin Franklin.

How to Avoid Stomach Troubles.

A *DISORDERED STOMACH* may cause no end of trouble. When the stomach fails to perform its functions the bowels become deranged, the liver and the kidneys congested, causing numerous diseases, the most fatal of which are painless and therefore the more to be dreaded.

THE important thing is to restore the stomach and liver to a healthy condition, and for this purpose no better preparation can be used than CHAMBERLAIN'S STOMACH AND LIVER TABLETS. It must be borne in mind, however, that this stomach trouble was caused by over-feeding, taking more food than the stomach could digest, or food that did not agree with you, and that while these tablets give quick relief they will not enable you to digest and assimilate more food than your system requires, and if permanent relief is hoped for your diet must be restricted and the directions accompanying the tablets complied with. Then there is no reason why you should not enjoy the best of health and relish your meals as much as a hungry child does his.

A full belly is the mother of all evil.
—Benjamin Franklin.

They do the Work.

MR. JOSEPH POMINVILLE, one of the most prominent business men in Stillwater, Minn., after having spent $2000 with the best doctors for a stomach trouble without relief, was advised by his druggist, Mr. Alex. Richard, to try a box of CHAMBERLAIN'S STOMACH AND LIVER TABLETS. He did so and is a well man today. If troubled with indigestion, bilious attacks, lack of appetite or constipation, give these tablets a trial and you are certain to be greatly pleased with the result. Use them and observe the directions with each package and a cure is certain. Even dyspepsia is cured by them. Get them from your dealer and he will refund your money if you are not satisfied after using them.

Every Box
is Guaranteed.

IT MAY be all right for an animal to go to sleep soon after eating a full meal. The man who tries it, however, will have trouble enough.

Serious Stomach Trouble Cured.

I WAS TROUBLED with a distress in my stomach, sour stomach and vomiting spells, and can truthfully say that CHAMBERLAIN'S STOMACH AND LIVER TABLETS cured me.

MRS. T. V. WILLIAMS,
Laingsburg, Mich.

THESE tablets are guaranteed to cure every case of stomach trouble of this character. All that is asked is that you observe the plain printed directions. If you are not satisfied after using them your dealer will refund you your money. Why not give them a trial and get well and stay well.

We Take all the Chances.

The poor man must walk to get meat for his stomach, the rich man to get a stomach to his meat.

—Benjamin Franklin.

Better Than Pills.

THE QUESTION has been asked, "In what way are CHAMBERLAIN'S STOMACH AND LIVER TABLETS superior to pills?" Our answer is: They are easier and more pleasant to take, more mild and gentle in effect and more reliable, as they can always be depended upon. Besides they improve the appetite, cleanse and invigorate the stomach, correct disorders of the liver and leave the bowels in a natural and healthy condition, while the use of pills, owing to their drastic effect, is often followed by constipation. Give these tablets a trial and experience their mild and pleasant effect and you will never wish to take another dose of pills.

The Above Is a Fact.

YOUR dealer will refund you your money if you are not fully satisfied after using them.

NOTICE—If not able to obtain CHAMBERLAIN'S STOMACH AND LIVER TABLETS locally, a package will be sent you post paid on receipt of 25 cents or four packages for $1,00; or if you only wish to try them a sample will be mailed you free of charge by addressing Chamberlain Medicine Co., Des Moines, Iowa, U. S. A., and giving them your full name and address.

Very Popular. With the Ladies.

I HAVE SOLD as high as six boxes of CHAMBERLAIN'S STOMACH AND LIVER TABLETS to one of my lady customers during the past year, and two or three boxes to many of them. I have, I believe, sold fifty boxes of these tablets on the recommendation of one lady here, who first bought a box of them about a year ago. She never tires of telling her neighbors and friends about the good qualities of CHAMBERLAIN'S STOMACH AND LIVER TABLETS. As soon as a customer has used the free samples he is almost sure to come back for a box of the tablets.

P. M. SHORE, Druggist.
Rochester, Ind.

They Make You Feel Good.

THE pleasant purgative effect experienced by all who use CHAMBERLAIN'S STOMACH AND LIVER TABLETS, and the healthy condition of the body and mind which they create makes one feel joyful.

Three good meals a day is bad living.
—Benjamin Franklin.

Water Cure for Chronic Constipation.

CONSTIPATION is caused by a lack of water in the system. Drink a pint of hot water half an hour before breakfast and a glass of water half an hour before each meal and before going to bed. Also about one-third of a glass of water one and a half hours after each meal (a little water is needed at this time, but do not take too much or it will disturb the digestion). Make this a regular habit and in most cases no medicine will be needed. The bowels should move once each day, however, (immediately after breakfast) and when they do not, take a dose of CHAMBERLAIN'S STOMACH AND LIVER TABLETS just before going to bed. They are mild and gentle and leave the bowels in a natural condition. Avoid pills and all strong cathartics. Take out-door exercise every day without regard to the weather. Walk, ride on horse back, drive, play golf, play tennis or do work that will afford like exercise and you will have no need of medicine.

This is Common Sense.

A MAN is seldom sick when his bowels are regular; he is never well when they are constipated.

Wakeful Children.

FOR a long time the two year old child of Mr. P. L. McPherson, 59 N. Tenth street, Harrisburg, Pa., would sleep but two or three hours in the early part of the night, which made it very hard for her parents. Her mother concluded that the child had stomach trouble, and gave her half of one of CHAMBERLAIN'S STOMACH AND LIVER TABLETS which quieted her stomach and she slept the whole night through. Two boxes of these tablets have effected a permanent cure and she is now well and strong. Disorders of the stomach are the most common diseases of children. They often eat food that does not agree with them or eat too much because it tastes good. Many mothers think their children have worms, whereas, the trouble is only a disorder of the stomach. One or two doses of CHAMBERLAIN'S STOMACH AND LIVER TABLETS will always effect a cure. Children under seven years of age should be given one tablet, over seven two tablets, immediately after supper.

FOR constipation there is nothing quite so nice as CHAMBERLAIN'S STOMACH AND LIVER TABLETS. They always produce a pleasant movement of the bowels without any disagreeable effect.

They Appeal to Our Sympathies.

THE BILIOUS, dyspeptic and emaciated are constant sufferers and appeal to our sympathies. There is not one of them, however, who may not be brought back to health and happiness by the use of CHAMBERLAIN'S STOMACH AND LIVER TABLETS. These tablets invigorate the stomach and liver and strengthen the digestion. They also cure constipation, which is the father of many ills. If you wish to get well and stay well, to enjoy your meals and not feel dull and stupid after eating, use these tablets and observe the directions with each box, and your wish will soon be realized.

THEY cost you nothing if they do you no good. You are the sole judge. The dealer from whom you buy them will refund you your money if you are not fully satisfied after using them.

He that never eats too much will never be lazy.

—Benjamin Franklin.

Dyspepsia, Kidney Diseases, Appendicitis, Rheumatism, Apoplexy.

THESE DISEASES all arise from disorders of the stomach, liver and bowels and from over-feeding, and may be prevented by the judicious use of CHAMBERLAIN'S STOMACH AND LIVER TABLETS, and adopting a diet suited to your age and occupation.

MORE than one-half of the chronic complaints which embitter the middle and latter part of life among the middle and upper class of the population is due to avoidable errors in diet.

SIR HENRY THOMPSON.

CHAMBERLAIN'S STOMACH AND LIVER TABLETS cleanse and invigorate the stomach, improve the digestion and regulate the bowels.

Eat absolutely nothing between meals if you have weak digestion.

Why?

WHEN YOU do not relish your food it is well to inquire the cause. Your stomach may be debilitated, your liver torpid, your bowels constipated, or you may be eating more than is good for you. Many people eat too much meat, particularly those of middle age and older, and of sedentary habits. If your lack of appetite or relish for your food arises from either of these causes, it is certain to give you serious trouble sooner or later unless corrected. Dyspepsia, kidney diseases, appendicitis and rheumatism all arise from disorders of the digestive organs and over-feeding. A few doses of CHAMBERLAIN'S STOMACH AND LIVER TABLETS, a proper attention to your diet, will give you an appetite, a relish for your food, and make your meals a real enjoyment. You will then feel that life is worth living.

USE these tablets and you will praise them Everyone does.

Eat to live, and not live to eat.

—Benjamin Franklin.

Franklin's Health Rules.

THE DIETARY RULES laid down by Benjamin Franklin in Poor Richard's Almanac for 1742, are the plainest and most concise we have seen, and are adapted to all ages and conditions. The following copy is somewhat abridged.

RULES OF HEALTH AND LONG LIFE.

Eat and drink such an exact quantity as the constitution of the body allows of, in reference to the service of the mind.

The exact quantity being found out, is to be kept to constantly.

The difficulty lies in finding out an exact measure; but eat for necessity, not pleasure, for lust knows not where necessity ends.

RULES TO FIND OUT A FIT MEASURE OF MEAT AND DRINK.

If thou art dull and heavy after meat, it's a sign thou hast exceeded the due measure; for meat and drink ought to refresh the body, and make it cheerful, and not to dull and oppress it.

If thou findest these ill symptoms, consider whether too much meat, or too much drink occasions it, or both, and abate by little and little till thou findest the inconvenience removed.

If a man casually exceeds, let him fast the next meal, and all may be well again, provided it be not too often done.

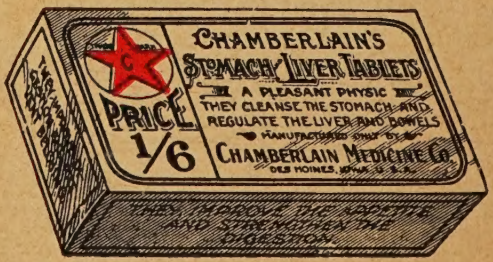
Use a little exercise a quarter of an hour before meals, as to swing a weight or swing your arms with a small weight in each hand; to leap or the like for that stirs the muscles of the breast.

A temperate diet arms the body against all external accidents.

A sober diet maintains the senses in vigor; it mitigates the violence of the passions and affections; it preserves the memory and helps the understanding.

Just What You Need

When you feel dull after eating.
When you have no appetite.
When you have a bad taste in the mouth.
When your liver is torpid.
When your bowels are constipated.
When you have a headache.
When you feel bilious.
They will improve your appetite, cleanse and invigorate your stomach, and regulate your liver and bowels.



FOR SALE
BY ALL DRUGGISTS